

U.S. Servicemen Overfed, He Says

By **GEORGE C. GRIFFITH, M.D.**
County Heart Association

The American serviceman eats well. In fact, he's overfed! His caloric intake is two-and-one-half times that of the average American.

From results of extensive surveys and interviews, physicians and dietitians conclude that the "average" American's caloric consumption amounts to 1,800 calories per day. The man in uniform receives between 4,200 and 4,500 calories daily!

These servicemen are getting a caloric value far above the total daily energy requirement — and most of their food is high in cholesterol and saturated fats. These foods, over a period of time, may contribute to atherosclerosis — a thickening of the artery walls that could lead to a stroke or heart attack.

HIGH CALORIC meals aren't new to armed service personnel — or new to civilian menus either. Most Americans still live with the philosophy brought to this country by the colonists: "To fight disease and infection, fatten up!" — a philosophy still evident on the tables of chow halls and restaurants.

Agreement For Drain Approved

Approval of an agreement as a prelude to construction of a Carson area storm drain project has been announced by Supervisor Kenneth Hahn.

Parties to the pact are the County Flood Control District and the County Engineer's office.

It calls for the district to include an additional portion of drain in its forthcoming contract for construction of the Carson Street drain, Hahn said.

ROUTING OF THE project is slated to begin in 220th Street at Figueroa Street, run east in 220th Street to Dolores Street, north in Dolores to Carson Street and east in Carson to Avalon Boulevard.

Under terms of the agreement, an extra section of drain will be built in Carson between Dolores and Orrick Avenue North, Hahn said.

HAHN SAID the project is presently under design and will be built by private contractors under district supervision.

It will be financed out of savings on the \$225 million storm drain bond issue approved in 1958, he added.

Commission Recommends Zone Change

Residential zoning for a 49-acre parcel of land near South Main and 228th streets has been approved by the Regional Planning Commission.

A public hearing on the zone change must be held before the County Board of Supervisors.

R. A. Watt Co., 16901 Western Ave., Gardena, filed the request for a zone change. The firm asked that M-2 zoning be changed to R-1-5,000.

SALES MANAGER W. A. Mareneck has been named commercial sales manager of the Mobil Oil Corp.'s West Coast Marketing Division. He succeeds A. E. Burgess, who moves to New York City as manager of government sales for the firm.

How 88,648 Heavy Smokers Stopped Smoking

NEW YORK—The Anti-Tobacco Center of America has just published a booklet which explains how 88,648 heavy smokers (of whom many are physicians) have stopped smoking without straining their will power. This booklet is available free of charge to smokers. All you need to do, to obtain it, is to send your name and address to The Anti-Tobacco Center of America, Dept. 106-Z-1, 386 Fifth Avenue New York 1, New York. This offer is open while the supply of these booklets lasts.

Influencing the menu planners most is our mass media. Although dietary foods and low-calorie beverage ads appear on television, billboards, radio, posters, and in newspapers and magazines, far too much advertising promotes hearty meals.

Sugared cereal, buttered toast, coffee with cream and sugar, and bacon and eggs may sound like a healthy breakfast, but they also contribute to the risk of atherosclerosis — a price paid by a large number of Americans each year.

CHANGING our attitudes about the food we eat isn't going to be easy. The change-over will be a long process. Very little is being done today — except by a handful of voluntary health organizations — to solve the problem at the basic levels: the schools.

One of the health agencies concerned with Americans' diets is the American Heart Association and one of its affiliates, the Los Angeles County Heart Association. The local organization is initiating school heart-health programs which may well alter cafeteria menus for future generations of school children.

Chances are that the diets of our school children today will decide what the serviceman — and civilian — of tomorrow will eat.

CHILDREN pick up their eating habits from parents, and high on the list of parents' misconceptions about food is the idea that kids should drink plenty of whole milk every day.

Two or three glasses of milk is important in the daily diet, but at least one of these glasses should be skimmed milk, since whole milk contains a high quantity of saturated fat.

Apparently the dietitians who plan our servicemen's

menus think of our soldiers, sailors and marines as children — they seem to take a delight in pouring whole milk by the gallon down their throats!

AND THEY feed the servicemen like school children in other ways, too. They love to see their servicemen gorge themselves on cream, cheese, butter, breads, chocolate and fatty meats. Muscle builders? They're flabby fat builders!

The American Heart Association urges menu planners to include more fish and poultry in meals. They urge the planners to lay off the fried foods, particularly fried in animal fats.

The Heart Association promotes use of such polyunsaturates as corn, cottonseed, soybean and safflower oils in cooking or frying. Go easy on butter and lard, says the Heart Association.

DIET, the Heart Association admits, is only one of many factors under investigation as the cause of heart disease.

KITCHENS \$25 A Month Completely Modernized

Free Design Service and Estimates Incl. Built-Ins

NO DOWN and only 5% interest

Wayne ROBERTS INC. 308 E. CARSON TORRANCE

MODERNIZATION GENERAL CONTRACTORS — ADD-A-ROOMS

DIAL 830-4880

KITCHENS — FAMILY ROOMS — DEN'S — BATHS — CARPORTS — GARAGES

CARSON BOOTERY

SCHOOL IS OPEN DRIVE CAREFULLY

If you have to walk — we have shoes for every purpose... from infants to adults. Shoes to fit the family budget. We guarantee all children's fittings. Widths B to EE.

1211 W. CARSON ST. • 320-0460 • CARSON & NORMANDIE

OPEN 9 a.m. to 6 p.m. THE GIANT CARSON CENTER Friday 9 to 9; Sunday 10 to 4

COMPLETE LINE OF ORTHOPEDIC SHOES — GUARANTEED FITTING

ALPHA BETA "WHY PAY MORE?"

OVER 140,000 WINNERS!

IN 9 WEEKS OF ALPHA BETA'S CASH-A-CHECK

BONUS! 50 WESTERN AIRLINES FANJET FIESTAS for 2 to MEXICO CITY & ACAPULCO

When your CASH-A CHECK is fully punched and redeemed, it becomes your entry in the Western Airlines Fanjet Fiestas drawing. (Or you may send a reasonable facsimile of a CASH-A CHECK to Alpha Beta as your entry.) Winners will be notified. So away you go. Get your free CASH-A CHECK today!

MRS. JOAN BEAUDRO COSTA MESA \$1000

LARRY GOODMAN EL MONTE \$500

MRS. A. COLONELLI SAN DIEGO \$100

MRS. PERRY DAVIS SANTA ANA \$1000

FAYE BADDERS MONTCLAIR \$100

HELEN E. OSWALD BUENA VISTA \$100

MRS. F. McDOWELL CORONA \$100

NICOLENA MILLER SANTA ANA \$1000

PRICES EFFECTIVE WED. through SUN. SEPTEMBER 14, 15, 16, 17, and 18

Better Meat at a Better Price!

IOWA FARM BRAND BY LUER SMOKED PORK SHOULDER PICNIC 35¢ LB.

PORK LOIN ROAST 49¢ LB.

BONELESS PORK ROAST 65¢ LB.

CENTER CUT PORK CHOPS 89¢ LB.

PORK STEAK 69¢ LB.

PORK SAUSAGE 49¢ LB.

SLICED BACON 79¢

SMOKIE LINKS 79¢

ROASTING CHICKEN 49¢ LB.

BONELESS RIB STEAK 98¢ LB.

FAMILY STEAKS 89¢ LB.

BONELESS BRISKETS 79¢ LB.

SHOULDER CLOD ROAST 89¢ LB.

FRESH FISH FILETS: ROCK COD or RED SNAPPER 69¢ LB.

FISH STICKS 3 for \$1.00

BREADED SCALLOPS 1 1/2-LB. \$1.49

BREAKFAST BEEF 69¢

BUTTERED BEEF STEAKS 49¢

COMBINATION STEAKS 10/\$1.00

IVORY FLAKES 35¢

IVORY SNOW 79¢

DREFT PINK 35¢

IVORY LIQUID 59¢

JOY 59¢

OXYDOL 83¢

TIDE 34¢

CHEER 34¢

SALVO DETERGENT TABLETS 75¢

DASH 75¢

CASCADE 75¢

IVORY SOAP MEDIUM 2/23¢

PERSONAL IVORY 4/29¢

CAMAY COMPLEXION 2/23¢

ZEST REG. SIZE 2/29¢

COMET 2/47¢

TOP JOB 73¢

SPIC & SPAN 99¢

SATISFACTION GUARANTEED OR YOUR MONEY REFUNDED • ALL ITEMS LIMITED TO STOCK ON HAND • SALES TAX COLLECTED ON ALL TAXABLE ITEMS

ALPHA BETA FARM FRESH

EGGS LARGE GRADE AA 45¢ DOZEN

BANQUET DINNERS 39¢

Cal Fame DRINKS 8 for \$1.00

MINUTE MAID • FROZEN • 6-OZ. CANS ORANGE JUICE 3 for 79¢

VIRGINIA LEE • FROZEN FUDGE BROWNIES 69¢

VIRGINIA LEE • FROZEN • SAVE 20¢ CHOCOLATE MELT-A-WAY BARS 49¢

ROSARITA • FROZEN • 8-OZ. BEAN BURRITOS 39¢

IDEAL • FROZEN • 10-OZ. PKGS. VEGETABLES IN BUTTER SAUCE 4 for \$1.00

PEAS • CORN • MIXED VEGETABLES • 9-OZ. GREEN BEANS FROZEN • YOUR CHOICE • FRENCH FRIS • 1-LB. PKG. TATER TOTS • 1-LB. PKG. 3 for \$1.00

CINCH • 19-OZ. PKG. CAKE MIX 19¢

SAVE 10¢ DEVIL'S FOOD • YELLOW • WHITE

HEAR THE ANGELS IN ACTION on KMPC-710 on the dial

WE RESERVE THE RIGHT TO REFUSE SALES TO COMMERCIAL DEALERS